

## ABSTRACT OF THE DISCLOSURE

This relates to a disk playback apparatus and a disk playback method in which an operating frequency of a demodulation circuit is reduced. The disk playback apparatus reads the data recorded on the disk and generates playback data, ~~the~~ The apparatus being is characterized by including a synchronous detection circuit (21) for detecting a predetermined synchronization pattern contained in the data, and identifying a detection timing, and an EFM demodulation circuit (23) for selectively extracting a part of the data one by one out of the data read from the disk according to the identified detection timing, and composing the extracted plurality of data so as to replace them with corresponding demodulation data.